

A photograph of a woman and a young child sitting at a wooden table. The woman, on the left, is wearing a white knitted sweater and is looking down at a map on the table. The child, on the right, is wearing a dark blue sweater and jeans, and is looking up at the woman. The background is a dark wooden wall.

Does your child suffer with sleep issues?

Do you struggle
with your child's
bedtime?

Will your child
not sleep in
their own bed?

WE CAN HELP

A stylized white outline of a telephone handset, positioned to the left of the phone number.

03303 530 541

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am



**Around 50% of
children will have
a sleep issue at
some point***

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

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POWERED BY



IN PARTNERSHIP WITH

**Furniture
Village**